

Preventing Metabolic Syndrome With Aloe Vera

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PTC Forum at Qarshi Library

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Definition

It refers to a group of health problems associated with diabetes

An association between certain metabolic disorders and CVD or a cluster of metabolic risk factors that come together in a single individual

or

An elevated fasting blood glucose or an elevated post meal glucose alone with at least 2 of other criteria

Symptoms

Metabolic syndrome
(Syndrome X)

- Central obesity
- High blood pressure
- High triglycerides
- Low HDL-cholesterol
- Insulin resistance



Who is Victim?

Any three of the following traits in the same individual

Abdominal obesity	Waist over 90 cm (36 inches) in men and over 80 cm (32 inches) in women
Serum triglycerides	150 mg/dl or above
HDL cholesterol	40mg/dl or lower in men and 50mg/dl or lower in women
Blood pressure	130/85 or more
Fasting blood glucose	110 mg/dl or above. (100 mg/dl in Pakistan)

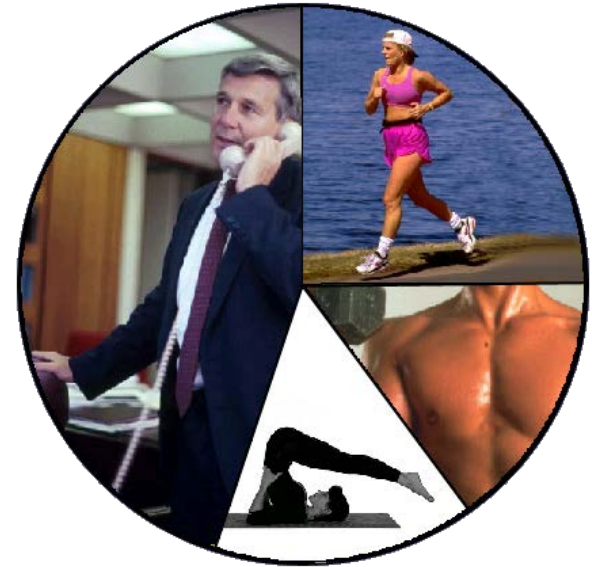
Why it is?



Calories In



Calories Out



**The
Energy
Balance**

Options to Control MS

1. By medicines
2. By changing lifestyle
3. By diet

Option 1: By Medicines

It is not wise to be:

- Slave of 6 medicines daily lifelong
- Victim of side effects
- Budgetary run-off
- Unsatisfied

Option 2: Lifestyle Modification

It is best option, but:

- Have to go long way
- Difficult
- Depends on actions & commitment

Option 3: By Diet

It is:

- Easy
- Cost effective
- Permanent

But Which Diet?

Should you:

- Come on a customized diet?
- Eating more minerals & vitamins?
- Take special amino acids?
- Preventions?

Use Herb / Vegetable

Above all herbs & foods is

ALOE VERA



TOP 10 REASONS TO DRINK ALOE VERA GEL

1. Body-Building Blocks
2. Anti-inflammatory Properties
3. Daily Dose of Vitamins
4. Daily Dose of Minerals
5. Collagen and Elastin Repair
6. Regulates Weight and Energy Levels
7. Immune Support and Function
8. Aids in Healthy Digestion
9. Provides Rapid Soothing
10. Dental Health and Hygiene

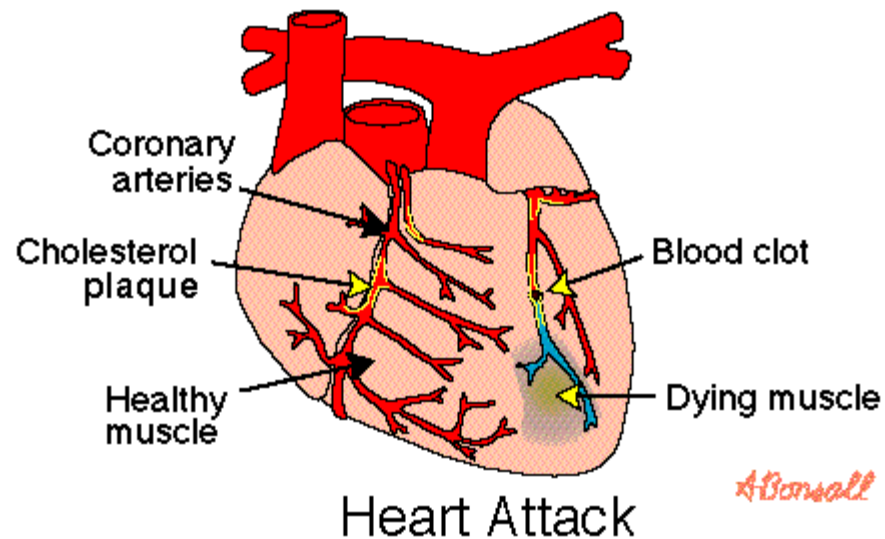
Effects of Aloe Vera Drink

Aloe Vera drink has shown strong commitment to control Metabolic Syndrome in the following way*:

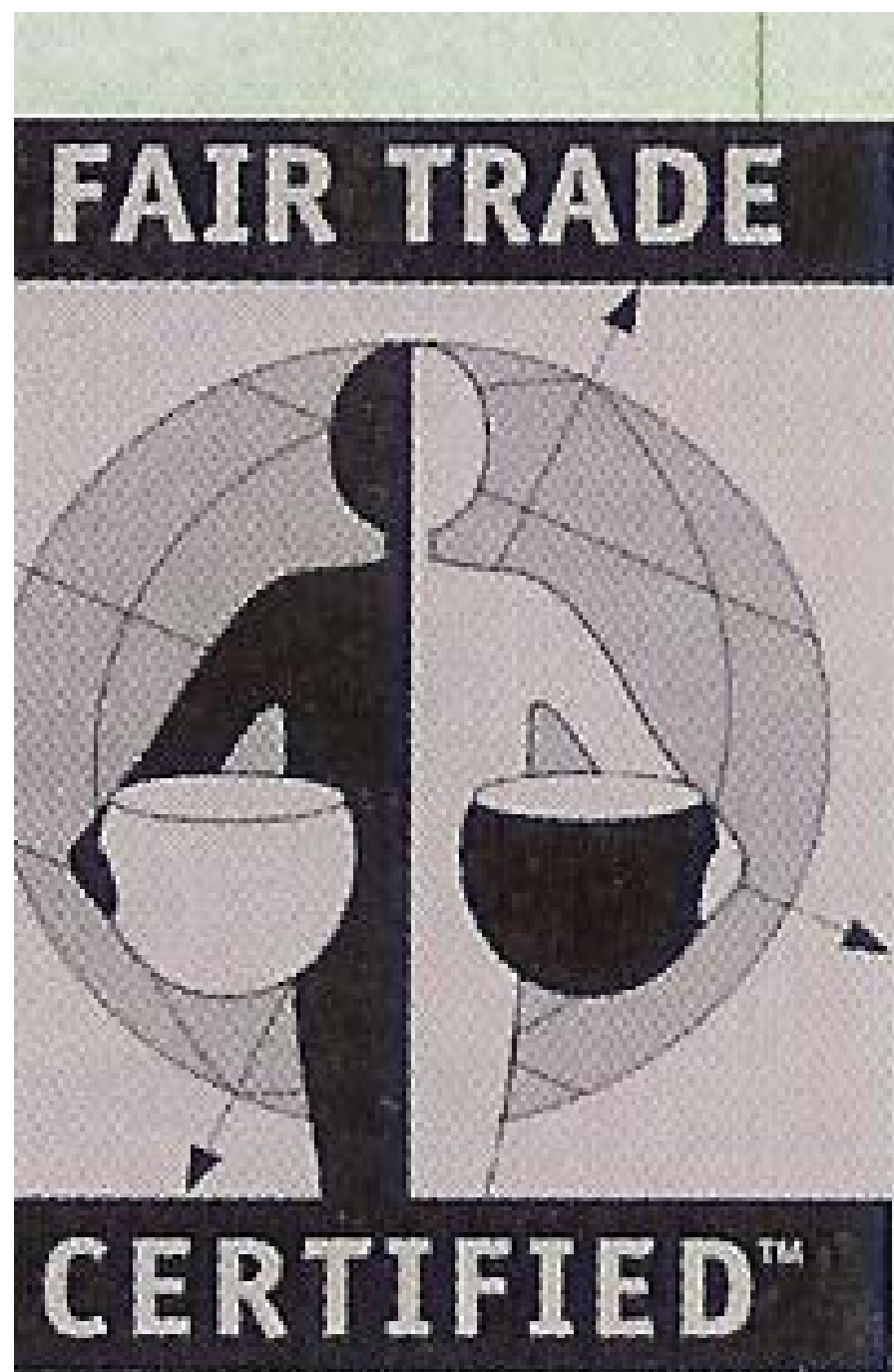
Abdominal obesity	Reduced waist 43 inches to 36 inches in men and 40 to 32 inches in women
Serum triglycerides	Reduced 250 to 150 mg/dl
HDL cholesterol	Increased 30 to 36 mg/dl in men and 35 to 45 mg/dl in women
Blood pressure	Reduced 180/105 to 130/85
Fasting blood glucose	Reduced 240 to 110 mg/dl
<i>*References Available</i>	



Avoid Heart Attack



Aloe Vera



Thank You